

WHEN THE LITTLE



GETS THE COLIC

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The usual American child, born at full term of healthy parents, is destined to suffer about ten times as many ills as nature intended.

Why? you ask. Simply because of the ignorance of its mother,



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and the faulty logic, following the observations of other children, of its grandmother.

When the infant yells, "colic" nods the mother. She is apt then to do one of two things, either nurse it, making of the child a glutton, or dose it with comomile, fennel or other tea, or even a drug, which is worse.

Some other mothers coddle or bounce the babe until he is either

sick at the stomach of vomits, usually both.

Despite the universal notion that some babies are foreordained to suffer from colic, it is really preventable.

Colic is actually pain in the abdomen with more or less distention of gas in the intestines. Its presence indicates that the little sufferer has been given food his stomach can't manage, or too much or too little of the food he actually needs.

If he is at the breast, it means that his mother's diet needs adjusting, that she requires a certain amount of fresh water and milk for herself, that her habits are not regular, that she needs rest or exercise.

If fed from the bottle, it may be that the food, even though supposedly excellent milk, is poisoning him.

In each case, the remedy is an appointment with an efficient alert physician. He will determine exactly what the baby needs, what causes the colic.

Then he will write a prescription—not for drugs, not to alleviate for the time being the tummy ache—but one for the dairy or the milk laboratory, and for the mother.

The baby needs pure, nourishing, assimilable food. When a